

May/June 2008
Volume 1, Issue 8

AFSOUTH Battalion Newsletter

"Defending Freedom"

SFRG POC:

HHC

LaKisha Tucker
lakisha.tucker@us.army.mil
(Naples)
LaTorcha Grant
latorcha.grant@us.army.mil
(Naples)
Latina - Vacant
A CO
Elizabeth Goodwin
spunkee2004@yahoo.com
Janis Slezak
alphaco.sfrg@gmail.com

B CO

Kahlil and Latorsha Bahria
latorsham@navsta.rota.navy.mil
(Madrid)

Individual Highlights:

Company News... 2
Chaplain's Corner... 3
Army Ball News...3
Military Spouse Day...4
Kudos...5
Did You Know...6

Follow Your Dreams While You Follow the Military Life Skills Workshop

I was a brand new military wife at Ft. Rucker Alabama. I got my resume together and started clipping want ads every day. There weren't very many in rural Alabama. After months of searching, the best job opportunity I could find seemed to be selling vacuum cleaners door-to-door, hardly what I'd gone to college for, and not something I wanted to do. My second plan was to go for my MBA or law degree, only neither one was offered anywhere nearby. I saw that assignment, that particular location, as empty of possibilities...as a dead end to my dreams. That was in 1978. Knowing what I know now, years later, I realize that that location was full of possibilities — of opportunities. I just didn't know where to look and how to go about finding them. No one had ever taught me anything about job searches or goal-achieving techniques or possibility thinking. I hear stories similar to my Alabama story from military spouses all over — especially when I do seminars in rural areas or overseas. They have dreams of their own but they don't see any way to put them in place where they are. Many feel that they might as well just give up on personal dreams as long as they are following the military.

My partner, Holly Scherer, and I created Follow Your Dreams While You Follow the Military™ Seminar as a way to show other military spouses that you can create a life that works for you too within this military life. (Some of you know these as the Joyful Living Seminars — we've revamped the name and the content a bit). The truth is you don't have to give up on your dreams. One part of our workshop that we love is when we ask for a volunteer to share their dream with the group. We ask that individual to tell us what they see as the possible ways to move forward towards that dream where they are currently stationed. Their ideas are usually pretty limited. Then we get everyone to help brainstorm additional ways. It's so much fun to watch the ideas, resources and contacts fly onto the flipchart and to see that individual's eyes light up as they start seeing possibilities where they were seeing obstacles or emptiness before.

One young woman in Germany, Diana McCartney, wanted to go to law school but that wasn't available where she was stationed. She figured she would have to wait until they returned to the US and hope to be stationed

near a law school. The ideas flew. We received this email from her a few weeks later.

"I just wanted to let you know you have motivated and made a big difference in my life. I have volunteered for the JAG office and signed up for some distance learning law classes as I go to the library and check out books all the time to help me with my law career."

Of course, getting ideas and taking action are two separate things. Diana obviously put her new ideas into action and is moving towards her dream — without any change of assignment or circumstances. Over the next months, this column will include tips, tools & techniques from our seminars — ways for you too to follow your dreams while you follow the military.

*Kathie Hightower and Holly Scherer are long-time military spouses, speakers and authors of the book *Help! I'm a Military Spouse — I Get a Life Too!* (2d Edition, 2007). Info about their writing and workshops at www.militaryspousehelp.com.*





HHC Company (Naples, Latina, Milan, & Turkey)

Naples

Staying with the Team!
The Army Team, that is!
Recently, three of the S1
NCOs reenlisted for indefinite
terms confirming their
commitment to
"...SUPPORT AND DEFEND
THE CONSTITUTION OF
THE UNITED STATES
AGAINST ALL ENEMIES,
FOREIGN AND DOMESTIC;

...BEAR TRUE FAITH AND
ALLEGIANCE...;
AND...OBEY THE
ORDERS..., ACCORDING TO
REGULATIONS AND THE
UNIFORM CODE OF
MILITARY JUSTICE..."

We commend Staff Sergeant
Christie Turcotte, Sergeant
Ruby Aniag, and Sergeant
Iyesha Torres for their
unwavering courage,

unmatched skill, and faithful
pledge to uphold the cause of
freedom. God bless each of
you and God Bless America!

Article by:
CW3 Carol Hance

Alpha Company (Naples, Italy)

Alpha Company is proud to
announce the winners of the
2008 Soldier and NCO of the
year competition (both from
A CO!): SPC CROTTIE and
SGT RAMOS

Congratulations on a job
extremely well done! We
wish you the best as you
move forward and continue
to make us proud at the USA
NATO Brigade competition
on the 14th of May in
Germany.

Way to go SPC Crottie and
SGT Ramos! Stay Strong -
ARMY STRONG!

Sincerely, CPT Carr & 1SG
Baker

SFRG Notes:

The SFRG leadership team is
losing two of their own. Trina
Castelli, the SFRG Treasurer,
is PSCing to Ft. Carson CO.
with her husband and three
children next month. Trina was
a great asset to the Army
Family community and she will
be greatly missed. With her
departure, we are in need of
someone who would like to fill
her shoes as treasurer of the
SFRG. If you are interested in
this position, please contact
Elizabeth Goodwin at
spunkee2004@gmail.com.

Another position that will be in
need of replacement is the
SFRG Leader position.
Elizabeth will be stepping down
in September so she can get
ready for their new baby that is
due in October. The SFRG
would like to find a replacement
for her before she steps down
so she can mentor the new
leader. If you are interested in
this position, please contact
Elizabeth or CPT Carr.
Happy Mother's Day and
Military Spouse Day!! We
appreciate everything you do
for your Soldier and for the
Army Family.

Bravo Company (Madrid & Valencia, Spain & Lisbon, Portugal)

Madrid

The month of May the USANATO Family Support Group in Madrid Spain will be holding a
Parents Night. For all the parents with young children and would like to participate. Please
contact SGT Latorsha Bahria at 915120564 or latorsham@navsta.rota.navy.mil.



Chaplain's Corner

"A Message to Garcia" is an article that was written by Elbert Hubbard in 1899. It is based off of an event that took place during the Spanish American War. During this time a General named Garcia was located somewhere in the Jungles of Cuba and it was of the utmost importance that the US forces deliver a message to him. Without the modern day benefits of email, secure telephone, or any sort of communication equipment it was determined that the message would be hand carried. There was a great deal of discussion on who could be trusted to carry the message until the chief of the Bureau of Military Intelligence recommended to President McKinley that LT Rowan deliver the message. LT Rowan went without question. They dropped him off on the beach with the message and proceeded into the jungle. Three days later he reappeared on the other side of the island, was picked up by US Forces, and returned home.

During that day and age there was a great talk about Leadership but not much about "doing". It is the same today. We constantly teach, preach, and beat Leadership into the heads of our Soldiers forgetting that those Soldiers must know how to follow to be a successful Leader. The writer gives the example of a Leader in his office that asks his subordinate to look up something and report back.

By the time he has muddled through the endless questions and protests given by the subordinate the Leader will simply tell him to forget it and do it himself.

Another example of this is given in the book of Isaiah (6:8). Isaiah has a vision and in the vision he saw the Lord surrounded by seraphs and he hears the Lord say "whom shall we send and who shall go for us?" and he replies, "here I am send me". Isaiah receives his commission and begins the work of the Lord. Isaiah like LT Rowan does it without question and without hesitation.

In today's Army and our daily lives we are constantly bombarded with Leadership. Go to any bookstore and you will find an entire aisle of books on Leadership. The modern Army builds Leaders on the premise that anyone can be in charge at any time. It is extremely important to our society and our Army that we develop competent Leaders.

But I am constantly struck how often we see Soldiers unable to do anything without question. Just like the Army needs Leaders it cannot function without those Soldiers that are willing to follow orders and accomplish the mission. The Creed of the NCO states "Officers of my unit will have maximum time to accomplish their duties they will not have to accomplish mine." Officers cannot

accomplish their duties when they are peppered with questions like "how?", "why me?", and "why can't so and so do it?". Soldiers are to "Be, Know, Do"; they are to "Do" what needs to be done to excuses as to why they can't do it or to drag their feet. The bottom line is; if the order is not illegal, immoral, or unethical our reply should be "yes Ma'am/Sir" and then accomplish the task. If the instructions are vague then we should ask for accomplish the mission. They are not to make clarification and move out to accomplish the mission. Our Leaders are not in a popularity contest, they are charged with making the tough decisions and sometimes those decisions are unpopular. We are not required to like our Leaders but we are required to respect them, their rank, and their position and we are required to do what we are told. LT Rowan and Isaiah were Leaders but they were also followers and they gave their all to both roles. We have this mix in our daily lives and as we rise in rank we will discover that all Leaders must also follow.

*SSG David Townsend
AFSOUTH Chaplain Assistant*

Army Ball 2008

Since its establishment on June 14, 1775 the United States Army has played a vital role in the growth and development of our nation. American Soldiers have fought in 10 wars, from the American Revolution through the Cold War, the Gulf War and the current War on Terrorism. The Army Birthday Ball is designed to honor the proud history and heritage of our Nation. The Army Birthday Ball will be held on Friday, June 20th at the Holiday Inn Resort in Castelvoturno, Italy, and is open to all Active Duty, National Guard, Reserve, Department of the Army Civilians, Government Contractors, Family Members, Retirees, Veterans and invited guests. It will be an elegant evening of dining, dancing and entertainment.

Time: Friday, June 20, 2008, 6:00 PM to 12:00 AM (Cocktail hour begins at 6:00 PM)

Location: The Ball will be at the Holiday Inn Resort, Via Domitiana, Castelvoturno

Accommodations: Guests are responsible for arranging their own lodging. For room reservations call: (202) 483-3000

Cost of Tickets: Ticket price is 35 Euro per person (04/OF3 & above). 28 Euro (E7/OR7 through 03/OF2). 20 Euro (E5/OR5 through E6/OR6). 10 Euro (E4/OR4 & below). First guest is the same price as service member rank.

Registration and Tickets:

Point of contact for making your reservation or for further inquiries is: Captain Micheal Zweifel 081-721-3713 or e-mail: micheal.zweifel@eur.army.mil. Mark your calendar and register early as tickets are limited!



Military Spouse Day

A Proclamation by the President of the United States of America

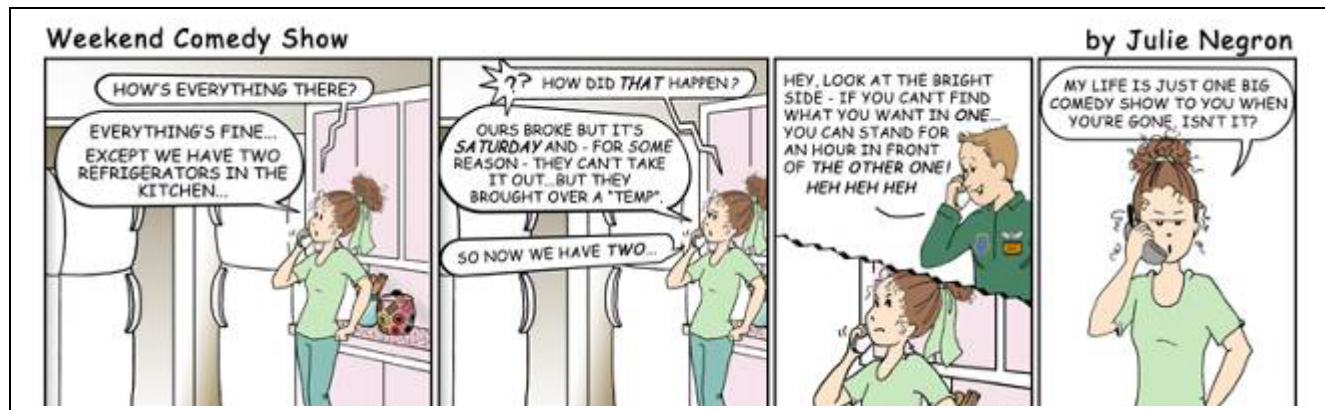
America's military spouses inspire our Nation with their sense of duty and deep devotion to our country. On Military Spouse Day, we honor the husbands and wives of those who wear the uniform of the Armed Forces of the United States.

The husbands and wives of our service members have made significant sacrifices for freedom's cause, and they are an integral part of the success of our Armed Forces. Spouses may endure long periods of separation and frequent relocations, and they often set aside their own personal and professional ambitions for the benefit of their family and the Nation. Despite tremendous personal challenges, military spouses maintain everyday life for their families here at home, while sending love, prayers, encouraging words, and care packages to their loved ones stationed around the globe.

On behalf of a grateful Nation, we salute our Nation's military spouses. For ways to support our troops, their spouses, and their families, visit americasupportsyou.mil. Now, Therefore, I, George W. Bush, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States do hereby proclaim May 11, 2007, as Military Spouse Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities and by expressing their gratitude to the husbands and wives of those serving in the United States Armed Forces.

In Witness Whereof, I have hereunto set my hand this ninth day of May, in the year of our Lord two thousand seven, and of the Independence of the United States of America the two hundred and thirty-first.

GEORGE W. BUSH



Free Rice

Did you know that the United Nations estimates the cost to end world hunger completely, along with diseases related to hunger and poverty, is about \$195 billion a year? Did you also know that there is a website which allows you to help end world hunger while improving your vocabulary without costing you a penny? It's called www.freerice.com. This ingenious website was created in 2007 to allow everyday people of all ages to improve their vocabulary while they help save the world. How it works is simple; for every word you guess the correct definitions for Free Rice will donate 20 grains of rice through the UN World Food Program. To get started, just go to the website and you are immediately shown a word with four definitions to choose from. If you guess correctly, the

advertized organization at the bottom of the page will donate 20 grains of rice. That's it! Just beware... it is addicting. Free Rice has a custom database containing thousands of words at varying degrees of difficulty. There are words appropriate for people just learning English and words that will challenge the most scholarly professors. In between are thousands of words for students, business people, homemakers, doctors, truck drivers, retired people... everyone! Free Rice automatically adjusts to your level of vocabulary. It starts by giving you words at different levels of difficulty and then, based on how you do, assigns you an approximate starting level. You then determine a more exact level for yourself as you play. When you get a word wrong,

you go to an easier level. When you get three words in a row right, you go to a harder level. This one-to-three ratio is best for keeping you at the "outer fringe" of your vocabulary, where learning can take place. There are 55 levels in all, but it is rare for people to get much above level 48. Get started today and imagine the possibilities!!



ID Cards

Social Security numbers will disappear from the ID cards of military family members by the end of the year, temporarily replaced by the Social Security number of the military sponsor in a half-step toward better identity-theft protection, defense officials said Thursday.

In 2009, the Defense Department will take the next step of phasing out full Social Security numbers on all ID cards for service members and civilians, replaced by just the last four digits. Using those digits, combined with other identifying information, is a common practice in the private sector.

New cards will be issued as old cards expire, defense officials said. Officials described the ID card changes as part of a phased approach to improving identity protection for service members, civilian employees and their families. The first step was to improve security over military

databases. A second step was to remove Social Security numbers from Tricare health system ID cards, defense officials said.

Getting Social Security numbers off the ID cards of family members is considered a high priority because they make up about 2.2 million of the 3.4 million people who have military-issued common access cards.

Congress has been pressing the Defense Department to move faster because of the risk of identity theft. A Social Security number, along with a name, address and a few other easily discovered facts, makes it possible to get credit in another person's name.

The House Armed Services Committee has been pushing for several years for the Pentagon to stop using Social Security numbers altogether, but it has faced resistance because the number is used in both personnel and payroll systems.

The Pentagon has also resisted removing Social Security numbers from the dog tags of service members and from the ID cards of civilian employees who deploy overseas because the numbers are part of the information used to comply with terms of the Geneva Conventions, defense officials said.



Kudos Club

Hails:

SPC Christian O'Bryant
SGT Solomon Adams
SGT Michael Brizendine
SPC Byron Hunter
SSG Louis Miller
SSG Justin Moore
SFC D'von Hughes
SPC Cherlyn Padilla
SGT Alan Hayes
SGT Anthony Munoz
SSG Kendre' Fletcher
SSG Jeremy Lohr
SGM Willie Lester
SFC Mark Gilliam
SPC Travis Burns
SFC Darell Nathaniel
SPC Matthew Hopson
SSG Germaine Floria
CPT Kristian Leibfarth

Farewells:

SFC Alan McKay
SFC Jennifer McKay
MSG Lisa Garcia
SGT William Hall

Farewells cont'd:

MAJ Jeffery Fearing
MAJ Ali Omur
SPC Kenneth Winfrey
SSG Christopher Smith
PFC Joseph Riley-Johnson
SFC Andrew Castro
MSG Brian Roberts
SGT Nathan Tabor
CPT John Smith
SGT Julia Seifert
AGT Ismael Aviles
SFC Sigifredo Jaimes
SSG John Dukes
SGT Darrell Owens
SGT Ryan Masinelli
LTC Dennis Dawson
LTC Robin Carrow
MSG Steven Solero
LTC Daniel Sacks
SPC Paul Horning
SPC David Tapia
SGM Carolina Johnson
CSM Felix Rodriguez
MAJ Michael Minaudo

Awards:

SSG James Green AAM
SSG Cheryl Reed AAM
SGT Crystallynn Jennings AAM
SPC Christopher Conyers AAM
SGT Alvin Clark AAM
SGT Richard Maday JSAM
SPC Dustin Studie JSAM
SPC Cesar Diaz JSAM
SFC Andrew Castro JSCM
SSG Pedro Callado JSAM
SSG Larry Rickert JSAM
SSG Latorcha Grant AAM
SGT Herman Richard AAM
SFC Calvin Culp MSM
SFC Sigfredo Jaimes JSCM
SFC Donald Chausse NCSA
Certificate of Appreciation

Promotions:

SSG Lorenzo Taylor to SFC

Re-enlistments:

SSG Katherine Virgil - Indef.
SGT Norris Johnson - Hawaii
SGT Thursday Baldwin - Turkey

Births:

Noah Minaudo born April 12 to the proud parents of MAJ Michael and Tina Minaudo

Alexander Von Shaffer born April 4 to the proud parents of SSG Craig and Elizabeth Shaffer

"Duty, Honor, Country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be".

Douglas MacArthur

AFSOUTH Battalion Soldier & Family Readiness Group

JFC BLDG Q
PSC 813 Box 156
FPO, AE 09620

PHONE:
DSN 640-433-5457
COM: (39)081-721-5457
(39) 340-413-3044

E-MAIL:
katherine.chausse@eur.army.mil
or
katie.chausse@us.army.mil



We're on the Web!

See us at:

www.usanato.army.mil

This website is still under construction.

Military Handbooks

Military Handbooks was launched with one simple goal - to give the Military community the very best information available about pay, benefits, retirement planning, education benefits, career decisions, much more! And to provide it to you in a series of straightforward, easy-to-understand handbooks - for FREE!

How can we do this? Easy. We have a very small but dedicated staff of editors and writers who, over the years, have developed an expertise in the military community. And by offering these handbooks in an electronic

format (PDF), our costs are almost nothing.

Why do we offer FREE handbooks? Because we believe in Military Service. It's that simple. We believe in what you do. And we believe that you have a right - a fundamental right - to know what your benefits are. And we don't think you should have to pay for that information. And that's why we launched Military Handbooks.

Help us help you! In the meantime, tell all your co-workers about MilitaryHandbooks.com. Remember, we're here for

you!

We want to hear from you! We are always happy to hear from our subscribers! So please feel free to e-mail us with any questions, comments, or ideas that you may have regarding the types of information that would be beneficial to YOU as a military service member. Best regards, Johanna Altland Executive Director Military Handbooks director@militaryhandbooks.com Militaryhandbooks.com and the publications offered herein are the property of Grantham Education Corporation which also owns Grantham University.

DIMHRS: Army to Adopt New Military Personnel and Pay System

The Army will be the first service to implement the Defense Integrated Military Resources System (DIMHRS). DIMHRS will integrate the Army's military personnel and pay systems into one single, web-based system. All Army components (Active, National Guard and Reserve) will use the same human resources system. Soldiers will have one record in DIMHRS for the lifetime of their service. There will be changes when DIMHRS

is implemented. For example, all Soldiers will be paid twice a month (on the 1st and 15th), so please be prepared for this change, if necessary. There will be changes in terminology, such as the Leave and Earnings Statements (LES) will be called "pay slips" and will be viewed in DIMHRS rather than in MyPay. DIMHRS will also support Homeland Security Presidential Directive 12 by not relying on the social security number for Soldier identification purposes. This will help prevent identity theft.

Existing procedures for ID Cards or dependent status changes will still be performed at the DEERS office. The system is based off a proven commercial off the shelf product, PeopleSoft®, as part of the military's business transformation initiatives to make systems improvements through adopting better business practices. Please visit www.armydimhrs.army.mil for more information on DIMHRS.

PSC Tips for Teens and Parents

Department of Defense officials recognize the challenges teens face when moving. In response to these challenges, they created a Web site, Military Teens on the Move (DefenseLink.mil/mtom/) which assists those coping with the stresses of moving. Here are a few suggestions for teens on dealing with a PCS:

Decide how you'd like to say goodbye to your friends. Would you rather throw a party, or just hang out with a select few friends? **Research** your new duty station and school. The Internet will make this easy. Highlight places you'd like to check out on a map. **Snap** plenty of photos before your move. Compile them into a scrapbook, if you'd like. Be sure to collect everyone's addresses in an address book. **Express** your feelings! The emotional rollercoaster you're going through is normal. Share what you're feeling with your parents and friends.

Parent Tips: Experts from the U.S. Department of Health and Human Services Substance and Mental Health Services Administration offer the following tips for parents to ease the transition for their children: **Be patient** with your teen. Empathize with their feelings. Realize that adjusting to your new duty station will take time.

Look for warning signs, including depression, abnormal sleeping patterns, failing grades or poor socialization. Counseling may be needed to help teens adjust. **Urge** teens to make new friends and become involved in extracurricular activities. Visiting new schools early and gathering information on local clubs may alleviate anxiety for some teens.

For more information on helping teens adjust to a PSC visit the following Web sites:

TeensHealth.org TeenCentral.net DOD.mil/mtom